

Daily Reflections



Center for Spiritual Development

SOW ABUNDANTLY!

By Sr. Jayne Helmlinger, CSJ

Excerpt from Today's First Reading and Today's Gospel

Brothers and sisters: Whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each must do as already determined, without sadness or compulsion, for God loves a cheerful giver.

2 CORINTHIANS 9:6-7

Jesus said to his disciples: "Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me."

JOHN 12:24-26

Growing up in Ohio, I enjoyed the four seasons and the rhythm of planting, sowing, and harvesting of crops that are like a sea of gold across the landscape. While not a farmer myself, I learned so much from the imagery and use of my imagination as metaphors for my own life as I gazed across the fields of plenty.

In this first reading from 2 Corinthians, we are warned about sowing “sparingly” because we will also “reap sparingly!” What if the farmers across the world only made enough food for themselves? I grew up with a deep appreciation for the hard work of the farmers around me and for their willingness to produce enough to feed thousands!

This calls into question how we are using our gifts, talents, and resources for others. Are we generous in our giving, our presence, our prayers? Do we live our lives joyfully, taking into consideration the needs of others? Do we reap first for ourselves? Do we include others in the decisions we make that impact their lives? The bottom line: are you and I reaping just for ourselves, or are we thinking about new and creative ways to sow more abundantly? These readings today are calling us to look beyond ourselves and take into consideration the tremendous needs around the globe and how we might respond with gracious and generous hearts.

Sow Abundantly!

O God who tends the terrain of our hearts, let us till the soil within and plant seeds of love, joy, graciousness, and kindness. May our choices in life reflect our desire to sow abundantly all that has been given to us.

O God of rich soil and harvest, may we reap all that has been planted in your name, sharing the abundance of what we receive with those in search of connection and relationship with you.

O God who loves a cheerful giver, may we not count the cost of what it means to give freely and generously of all that is ours to give. May our prayers, resources, presence, and actions speak to our desire to be the joyful love of God present in the world.



Sidney, OH

Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What might be yours to plant and harvest in the days and weeks ahead? Prayer? Presence?
 - How do you nurture the soil within you to keep it fresh and ready for the seeds God desires to plant within you?
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For Prayer

*As we reflect on the stewardship of all that has been entrusted to us,
may we sow and reap abundantly the fields of our lives.
Let us live and be the joyful love of God through our presence
this day and in the days ahead.
Amen.*

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